DOCUMENT RESUME

ED 180 732 RC 011 774

AUTHOR Hail, Raven
TITLE Foods The Indians Gave Us. Coloring Book.
PUB DATE 79
NOTE 24p.

EDRS PRICE MF01/PC01 Plus Postage.
DESCRIPTORS *American Indian Culture: American Indians; Art Activities; *Art Materials; *Childrens Literature; *Cultural Awareness; Elementary Education; *Food; *Instructional Materials
IDENTIFIERS *Coloring Books; *Cultural Contributions

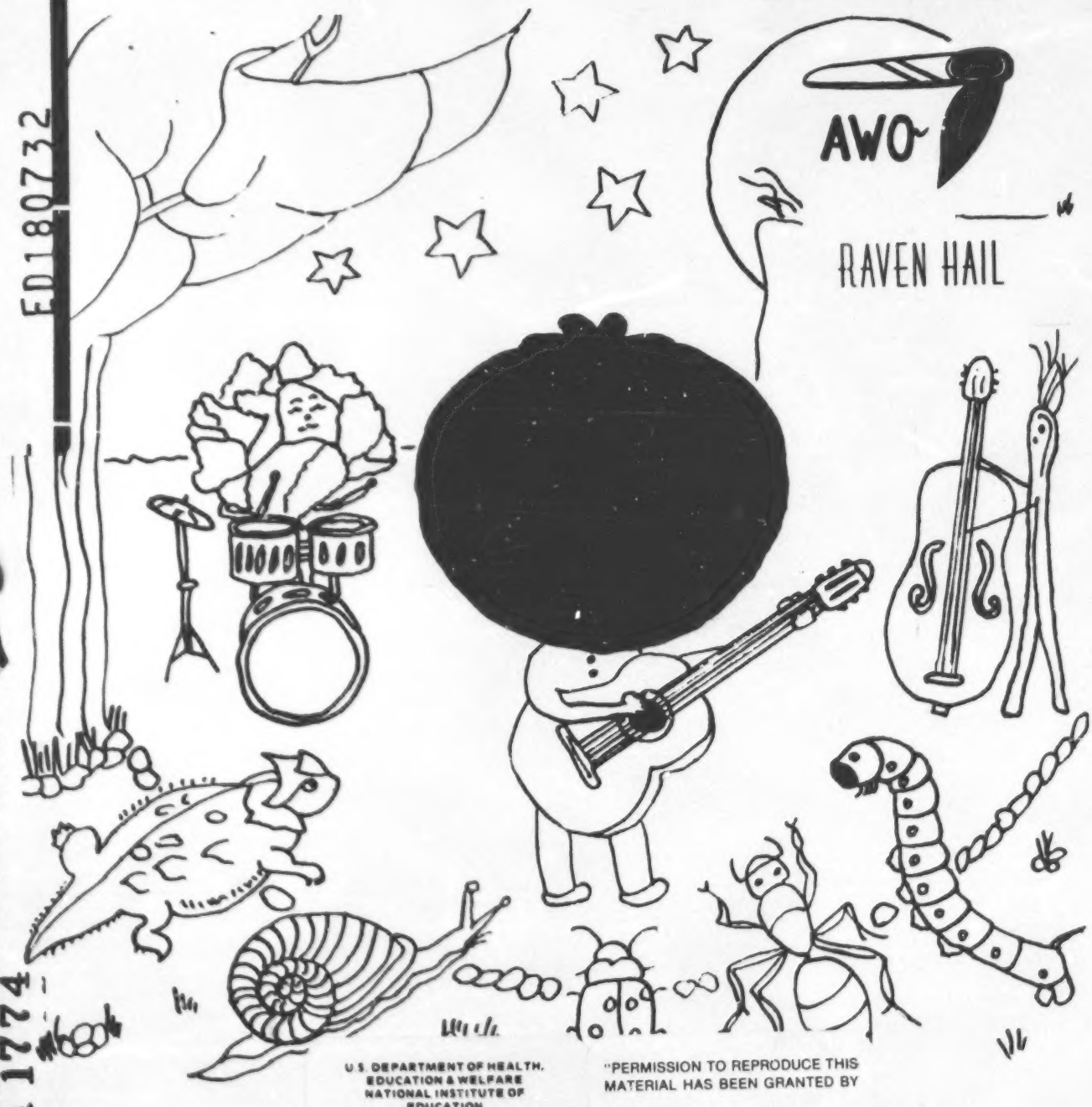
ABSTRACT

This children's coloring book devotes a page to each of twenty of the most familiar American Indian plant foods: avocado, green beans, black walnuts, cocoa, corn, peanuts, pecans, chile peppers, pineapples, popcorn, potatoes, pumpkins, squash, strawberries, sugar maple, sunflowers, sweet potatoes, tapioca, tomatoes, and vanilla. Illustrating each food is a limerick and a black and white cartoon to color. (SB)

**********
* Reproductions supplied by EDRS are the best that can be made *
* from the original document. *
**********

# FOODS THE INDIANS GAVE US

## COLORING BOOK




ED180732

RC 011774

U.S. DEPARTMENT OF HEALTH, EDUCATION & WELFARE
NATIONAL INSTITUTE OF EDUCATION

THIS DOCUMENT HAS BEEN REPRODUCED EXACTLY AS RECEIVED FROM THE PERSON OR ORGANIZATION ORIGINATING IT. POINTS OF VIEW OR OPINIONS STATED DO NOT NECESSARILY REPRESENT OFFICIAL NATIONAL INSTITUTE OF EDUCATION POSITION OR POLICY

"PERMISSION TO REPRODUCE THIS MATERIAL HAS BEEN GRANTED BY

Raven Hail

TO THE EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)."

# FOODS THE INDIANS GAVE US

## COLORING BOOK

by

Raven Hail

Ravenscove Publishing Co.
2424 Bachman Blvd.
Dallas, TX 75220
(214) 358-1907

Copyright 1979
Raven Hail

## FOODS THE INDIANS GAVE US

Nearly half of all the plant foods grown in the world today were first cultivated by the American Indians, and were unknown anywhere else until the discovery of The Americas.

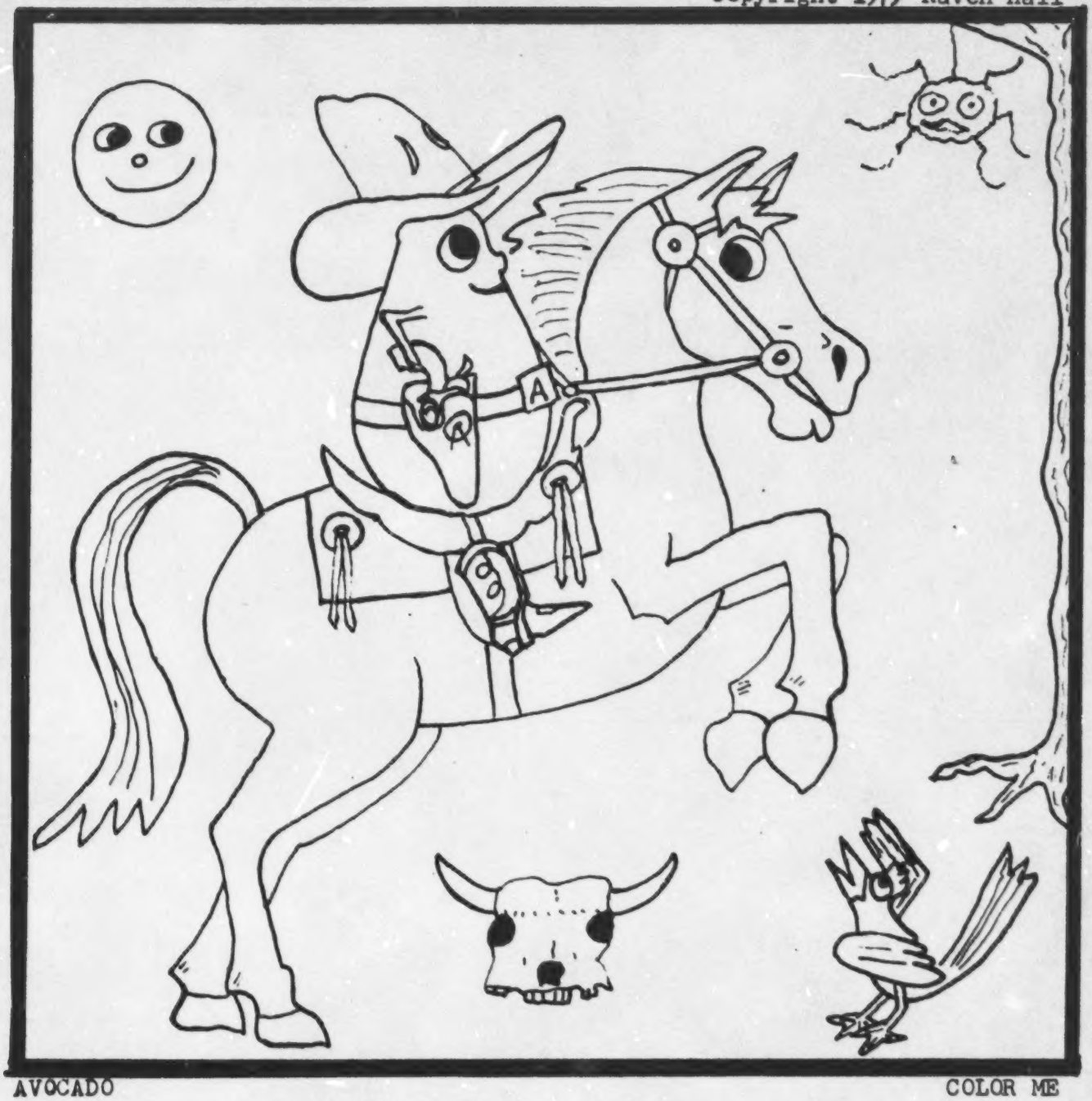
The potato was shipped from America to Ireland and later became known as the Irish potato. Maize, or corn, has become one of the most popular foods of people of all lands. Manioc contains a poison as it grows in the field, but the Indians somehow learned to remove the poison to give us tapioca. The sweet potato has become a basic food in many countries.

Strawberries were known elsewhere, but the best ones came from the Indian plants.

More than eighty other plant foods were domesticated by the Indians. They also caught fish and hunted wild game and birds, including the wild turkey.

Here are twenty of the most familiar plant foods. No doubt you have already enjoyed most of them, but did you know that they are as Indian as can be?

Copyright 1979 Raven Hail

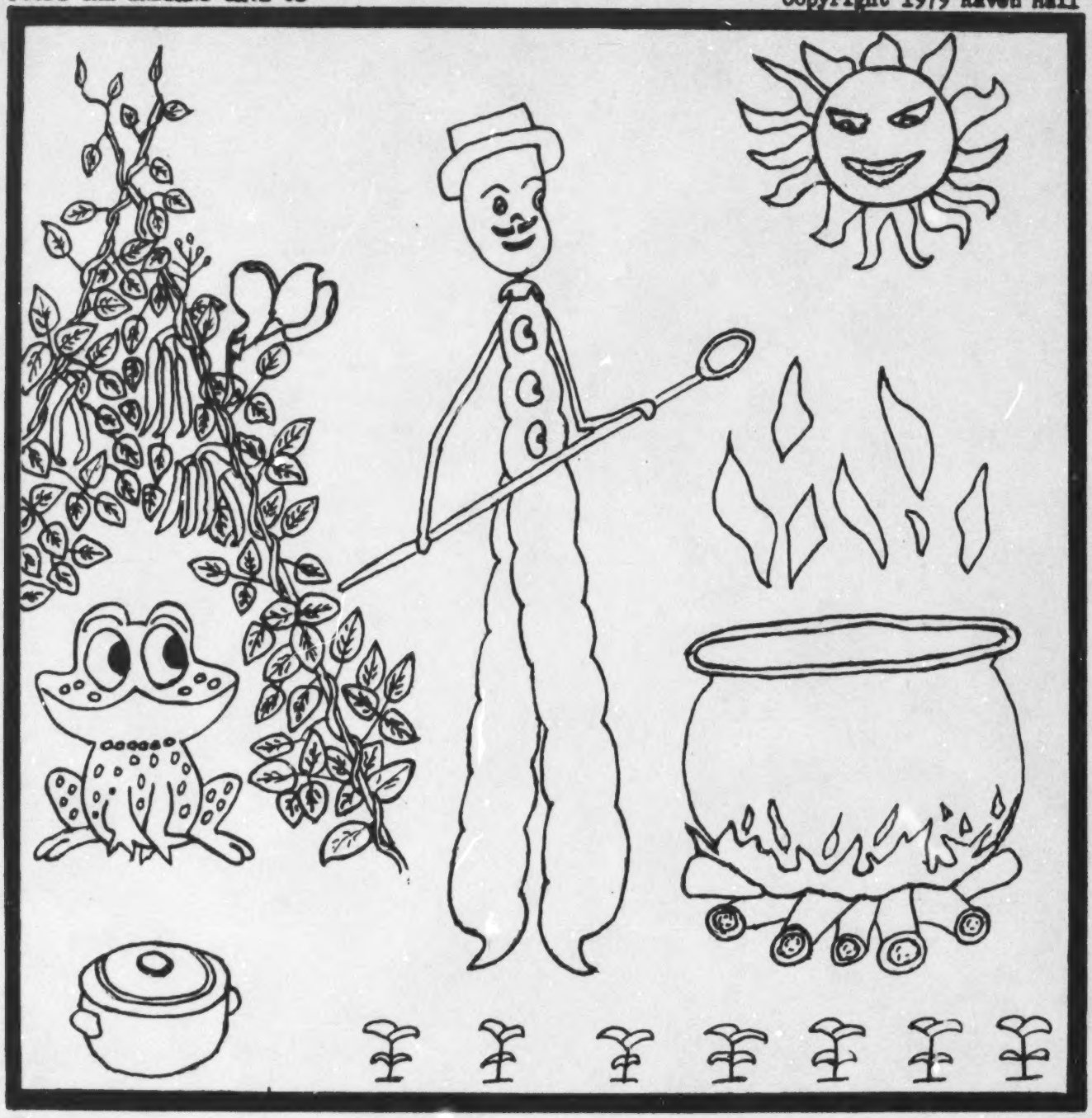



AVOCADO

COLOR ME

I'M THE AVOCADO KID CALLED PETE
AS FAT AS A PALEFACE BEET.
I'M GREEN WHEN I'M RIPE,
A SALAD BAR TYPE,
THAT'S ROUGH AND READY TO EAT.

Copyright 1979 Raven Hail



BEAN

COLOR ME

I'M BEANIE, THE GREENIE, A BEAN.

I'M LONG AND I'M LANK AND I'M LEAN.

I COOK UP A LOT

IN MY BIG OLE BROWN POT;

I'M THE DANDIEST DUDE ON THE SCENE.

# FOODS THE INDIANS GAVE US

Copyright 1979 Raven Hail

## BLACK WALNUT

## COLOR ME

WALLY WALNUT, THAT'S ME, AND I'M BLACK,
A NUT FOR THE GOODIES I PACK.
IF YOU'RE LOOKING FOR ME
THEN YOU'RE UP A TREE;
YOU'LL FIND I'M A TOUGH NUT TO CRACK!

Copyright 1979 Raven Hail

COCOA

COLOR ME

I'M COCO, THE CHOCOLATE SHAKE.

I COOK AND I MIX AND I BAKE.

I'M A BEAUTIFUL BROWN

AND I'M ALL OVER TOWN

IN CANDY, A PIE, OR A CAKE.

Copyright 1979 Raven Hail

CORN

COLOR ME

I'M MAIZIE, AND ONCE I WAS RED;
BUT NOW I AM YELLOW INSTEAD.
I'M CORN, IT'S TRUE
GRITS AND HOMINY, TOO
TORTILLAS, CORNMEAL, AND BREAD.

Copyright 1979 Raven Hail

PEANUT

COLOR ME

I'M PEANUT, THE CIRCUS CLOWN;

AND I AM THE TOAST OF THE TOWN.

THE NATURAL PET

OF THE BIG TOP SET,

I'M BUTTERED AND OILED AND BROWN.

Copyright 1979 Raven Hail

PECAN

COLOR ME

DON JUAN, THE PECAN, IS MY NAME,

AROUND THE WORLD MY FAME

AS AN UNDERCOVER

CANDY LOVER;

AND SALTY OR SWEET IS MY GAME.

Copyright 1979 Raven Hail

PEPPER

COLOR ME

I'M PEPE, THE PEPPER YOU'VE SEEN

IN CHILE, RED OR GREEN.

SOMETIMES I'M HOT

SOMETIMES I'M NOT

SOMETIMES I'M IN BETWEEN.

Copyright 1979 Raven Hail

PINEAPPLE

COLOR ME

I'M PEGGY, THE PINEAPPLE GIRL.

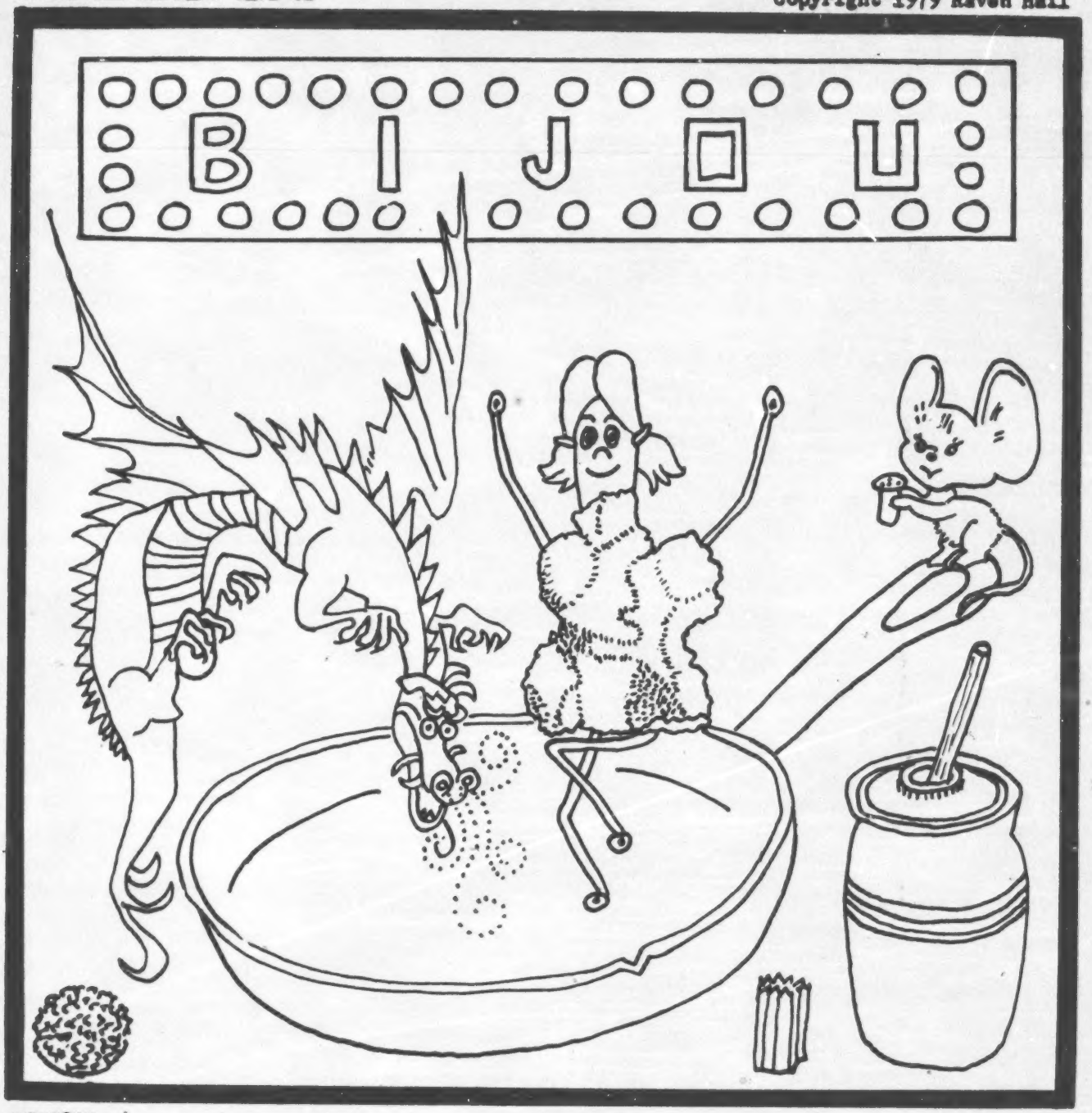
MY FLOWERS ARE ALL IN A WHIRL.

DOING MY THING

IN A BRIGHT YELLOW RING,

I'M A SWEETIE ALL OVER THE WORLD.

Copyright 1979 Raven Hail




POPCORN

COLOR ME

IM POPCORN JO, A GO-GO
AS FLUFFY AND WHITE AS SNOW.
I DANCE ON THE SPOT
WHEN THE SPOT IS HOT;
MY BAG IS A MOVIE SHOW.

 Copyright 1979 Raven Hail

POTATO COLOR ME

I'M SPUD, THE POTATO. MY TRIP
WAS AROUND THE WORLD BY SHIP.
MY EYES ARE ROUND,
I'M UNDERGROUND,
A BAKER, A FRYER, A CHIP.

Copyright 1979 Raven Hall

PUMPKIN

COLOR ME

I'M PUNKIN, FROM PUNKIN HOLLER WAY.

MY PIES MAKE THANKSGIVING DAY.

I'M THE JACK-O-LANTERN GUY

WITH THE ORANGE EVIL EYE

WHEN THE HALLOWEEN GOBLINS PLAY.

Copyright 1979 Raven Hail

SQUASH

COLOR ME

SAMMY SQUASH, THE CROOK, AM I.

HIDDEN IN THE VINES I LIE.

I'M A YELLOW

AND SMOOTH FELLOW.

PICK ME UP, AND WATCH ME FRY.

Copyright 1979 Raven Hail

STRAWBERRY

COLOR ME

MY NAME IS MARY STRAWBERRY.

MY HEART IS AS LIGHT AS A FAIRY.

AS GOOD AS I AM

WHEN I'M IN A JAM,

I'M BLUSHING, WHEN I SHOULD BE MERRY.

Copyright 1979 Raven Hail

SUGAR MAPLE

COLOR ME

I'M SUGAR, THE MAPLE TREE;

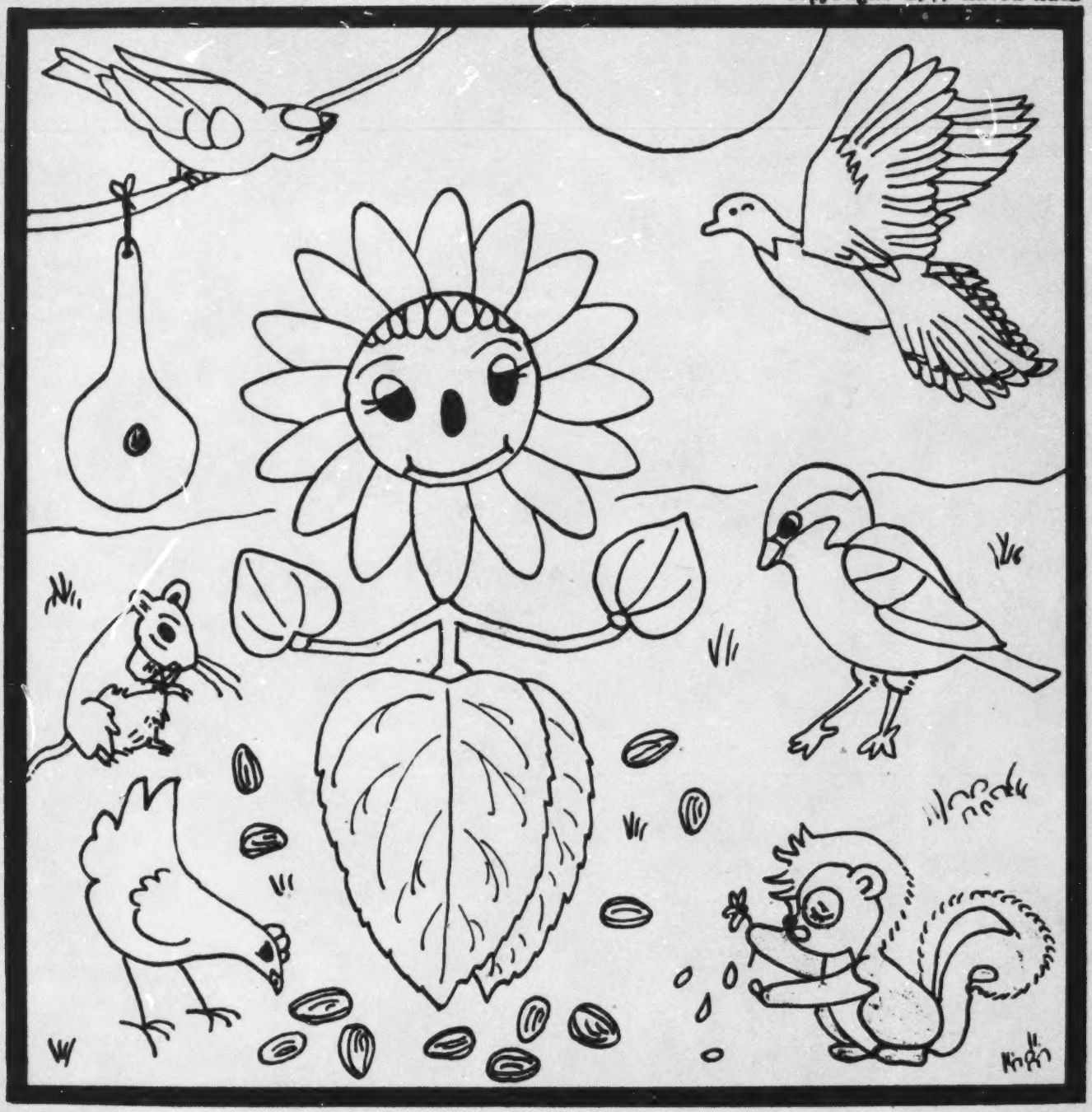
JUST A TAP OF THE SAP SETS ME FREE.

IN ALL KINDS OF WEATHER

WHEN FOLKS GET TOGETHER

THE FIRST AT THE PARTY IS ME.

Copyright 1979 Raven Hail



SUNFLOWER

COLOR ME

JUST CALL ME SUNFLOWER SUE;

MY PETALS WILL TELL YOU TRUE.

YOU MAY THINK I'M A WEED

BUT MY SUNFLOWER SEED

IS NOT JUST FOR THE BIRDS, IT'S FOR YOU.

Copyright 1979 Raven Hail

SWEET POTATO

COLOR ME

I'M ADA SWEET POTATO FROM THE SOUTH,

A GOLDEN GIRL, SWEET IN THE MOUTH.

IF YOU DIG ME, YOU'LL FIND

I'M THE DOWN-TO-EARTH KIND,

FOR I YAM WHAT I YAM IN THE SOUTH.

Copyright 1979 Raven Hail

TAPIOCA

COLOR ME

I'M TAMMY TAPIOCA, I'M A TREAT

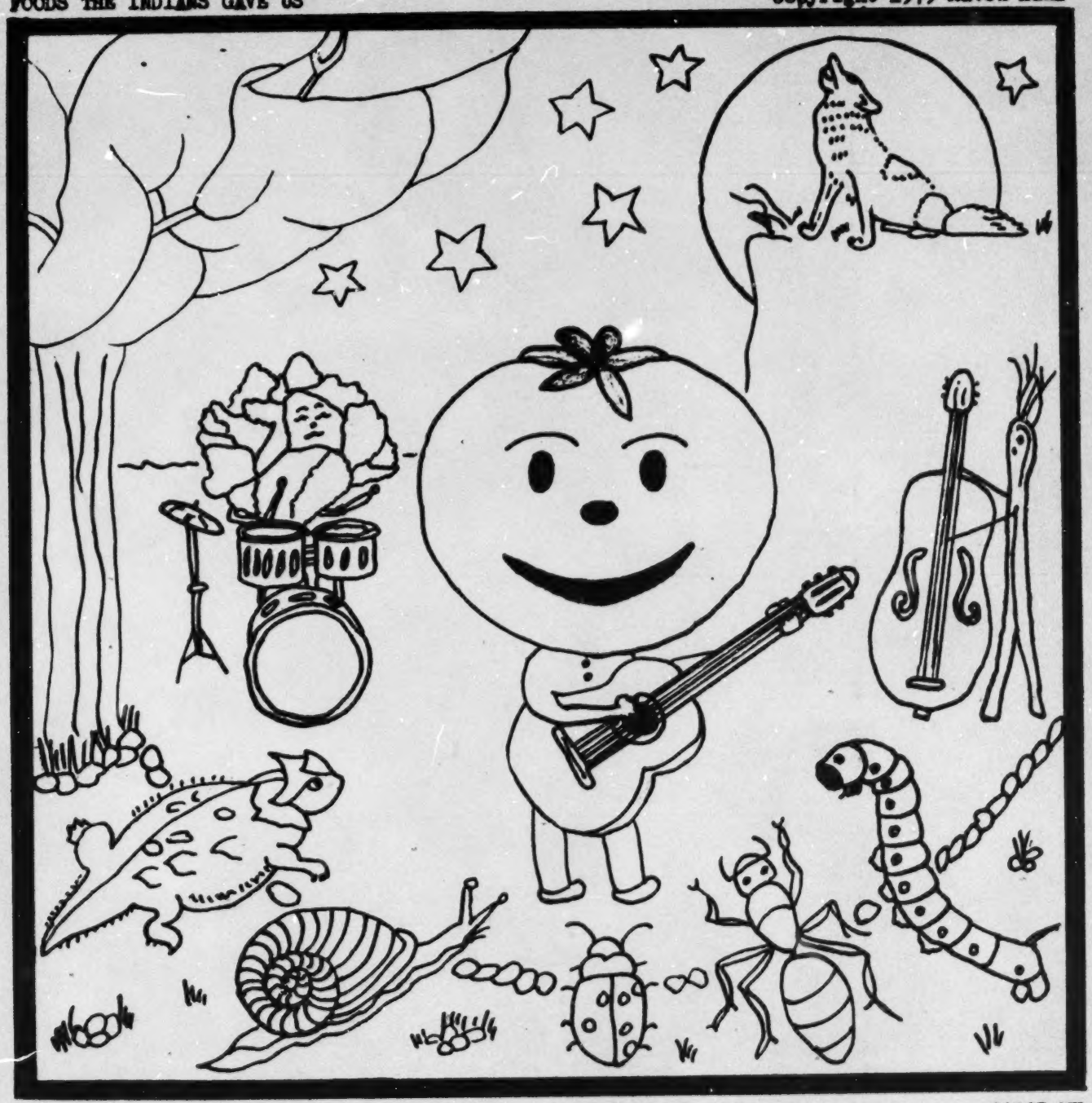
WITH A SOUTH-OF-THE-BORDER BEAT.

I HAVE LOADS OF LITTLE PEARLS

FOR PRETTY LITTLE GIRLS,

AND A PUDDING THAT IS OH-SO-GOOD TO EAT.

Copyright 1979 Raven Hail



TOMATO

COLOR ME

IT'S TOMMY TOMATO, TO YOU.

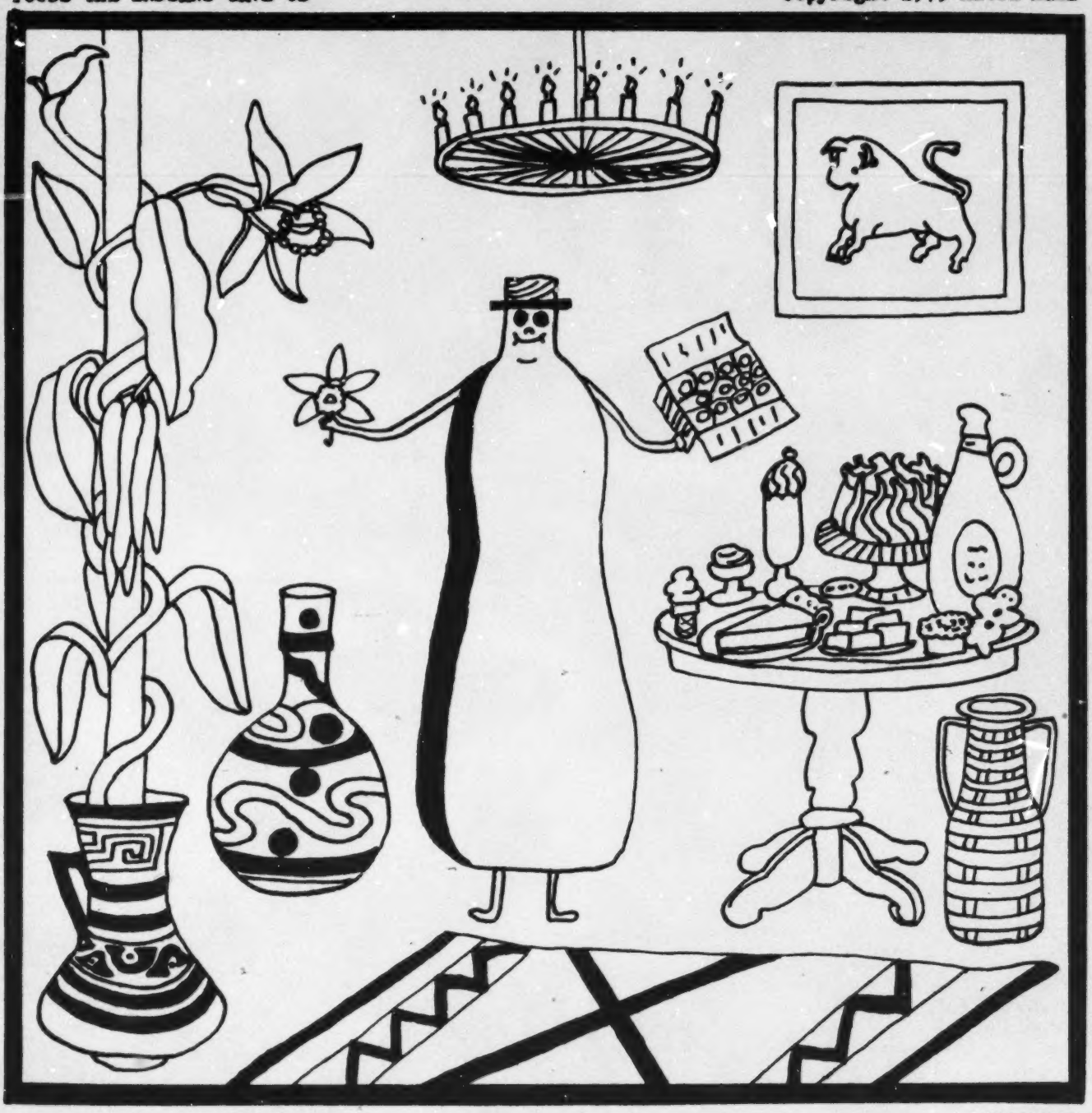
I'M RED, ALL THE WAY THROUGH.

I'M COOL AS A SALAD

AND MILD AS A BALLAD;

HOWEVER YOU SLICE IT, IT'S TRUE.

 Copyright 1979 Raven Hail



VANILLA

COLOR ME

I'M VANILLA, BUT JUST CALL ME VAN.

I CAN DO WHAT THE CANDY MAN CAN!

WITH ORCHIDS TO YOU

AND BONBONS TOO--

THE BEST FLAVOR KNOWN TO MAN.